

# Diabetes Brown Bag Telehealth Lunch Series



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3<sup>rd</sup> Wednesday  
of each Month

12 – 1:00 p.m.

**Wednesday, March 15, 2006**

## **Exercising with Diabetes... Benefits, Guidelines, and Motivation**

Sheldon Smith, MS, Division of Physical Therapy, University of Utah

Sheldon Smith, Clinical Research Coordinator and Lab Manager at the Skeletal Muscle Exercise Research Facility in Salt Lake City, will present on a few of the facets of exercise for people with diabetes. Benefits and guidelines will be shared as well as tips on increasing motivation. Exercise precautions for patients with complications and recommendations for enhancing exercise adherence will also be discussed.

- CEUs offered for nurses (1.6 hours) and dietitians (1 hour) for all diabetes Telehealth programs -

### *Upcoming Presentations:*

April 19, 2006 – Diabetes and Motor Vehicle Safety

May 2006 – date and topic pending

June 21, 2006 – Ethnic Health Care

**Please use attached registration form**  
**(Register by March 10<sup>th</sup> for this program)**

Utah Diabetes Prevention & Control Program  
Utah Department of Health  
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List of Utah Telehealth Sites:  
<http://www.utahtelehealth.net/utn.pdf>

Contact Betsi Patiño to schedule  
Telehealth video or telephone links

**\*\*For technical assistance on the day of the conference,  
call Pat Bryner 801-585-2426\*\***

<http://www.health.utah.gov/diabetes/education1/telehealth.htm>